



Recommended amount:

Old: 800 milligrams/day

**New: 1200
milligrams/day**

Functions:

- x Bone & teeth structure
- x Intracellular & hormonal regulation
- x Nerve conduction
- x Muscle contraction
- x Neurotransmitter release
- x Vitamin B-12 absorption
- x Blood clotting
- x Activation of enzymes
- x Blood pressure regulation

Toxicity symptoms:

- x Constipation
- x Soft tissue calcification
- x Kidney stones

Deficiency symptoms:

- x Osteoporosis
- x Bone pain/fracture
- x Premature tooth loss

- x Muscle aches, cramps & spasms
- x Tetany
- x Hyperparathyroidism
- x Hypertension

Conditions contributing to deficiency:

- x Loss of stomach acid
- x Fat malabsorption
- x GI resection
- x Crohn's & Celiac disease
- x Stress
- x Vitamin D deficiency
- x Immobility

Good Food Sources:

Milk
Yogurt
Cheese
Ice cream
Blackstrap molasses
Tofu
Sesame tahini
Salmon, mackerel & Sardines
Clams & Oysters
Dark leafy Greens
Broccoli
Legumes
Dried fruits
Fortified orange juice, rice & cereal
Hard/mineral water

